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Your essential daily news | WEDNESDAY, JANUARY 4, 2017

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The Blue Jackets' Alexander Wennberg works for the puck against the Oilers' Connor McDavid in Columbus, Ohio, on Tuesday. PAUL VERNON/THE ASSOCIATED PRESS

NO SUCH LUCK

Oilers no match for Blue Jackets' winning streak **metroSPORTS**

A tale of two cities

HOUSING

**Property values
in core spike as
rates in suburbs
largely dip**

 **Jeremy Simes**
Metro | Edmonton

The city's 2017 property assessment is raising questions about how Edmonton pays for growth, as prices are growing in the core and plummeting in the suburbs.

The city announced Tuesday the average price of Edmonton homes has dropped over the past year by 2.7 per cent, due to a soft economy and slow sales.

But the numbers show a trend: prices in many neighbourhoods in Edmonton's core are increasing — they've swollen in Central McDougall, for example, by 12 per cent

— while they've fallen by as much as 16 per cent in the suburb of Rural North East Hill.

With a majority of Edmonton's residential growth centred in the suburbs and with property taxation rates indirectly linked to property assessments, does the dip mean Edmonton's suburbs are paying less of their way?

Rod Risling, assessment and taxation branch manager with the city, says that's not the case.

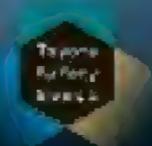
Risling acknowledged city reports have shown sprawl will cost \$1.4 billion more than it will raise over the next 50 years, but added property values and sprawl costs don't intertwine.

Property value "has nothing to do with the money the city takes in as far as taxes," Risling said. "It's really buyers and sellers determining what the value of the property is."

Risling also said taking the average of property values over a five-year span paints a clearer picture.

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Judge says killer not credible

COURTS

Sentencing hearing for Travis Vader goes on

A judge is questioning the credibility of a man convicted of killing two missing Alberta seniors and dismissed part of a constitutional argument that his rights were violated in custody.

A sentencing hearing continued Tuesday for Travis Vader, who was convicted of manslaughter in the 2010 deaths of Lyle and Marie McCann of St. Albert, Alta.

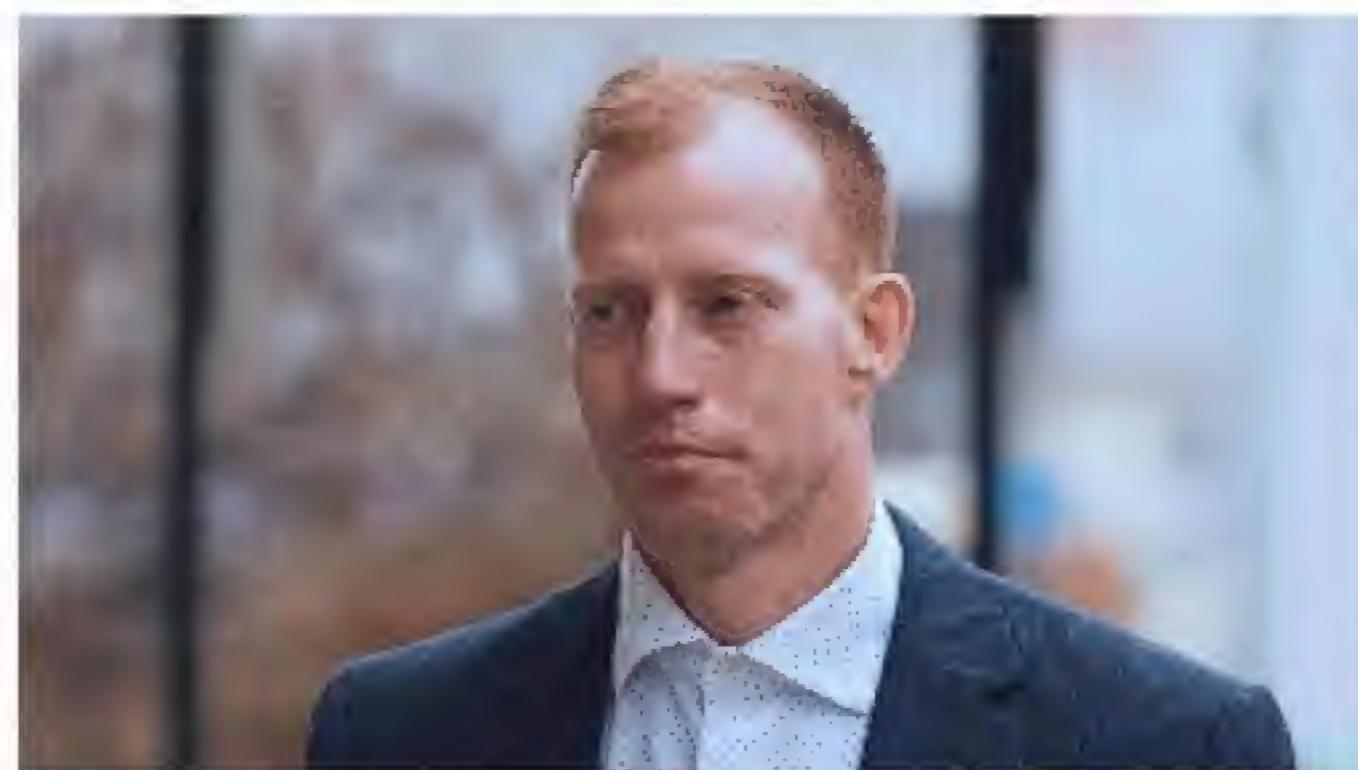
The Crown is seeking a life sentence for Vader. The defence wants four to six years and, because of alleged mistreatment while in custody, suggests it

should be reduced to time served.

Vader testified over several days that his rights were violated with an unlawful strip search, he was denied proper access to a lawyer and was assaulted by guards and subjected to other cruel conditions while behind bars. Justice Denny Thomas dismissed part of the application dealing with the strip search and said written reasons would come later.

But the judge pointed out that Vader claimed he was humiliated as he stood naked for five minutes as people walked by his open cell. A video showed it was actually 30 seconds and no one passed by. The Crown argued the search was appropriate as police needed to seize Vader's clothing and search for weapons.

Thomas did not decide on the other two grounds of the defence application. The sentencing hear-



Travis Vader was convicted of manslaughter in the deaths of two seniors, and his sentencing hearing continued this week. THE CANADIAN PRESS FILE

ing is to continue Wednesday.

The McCanns, in their late 70s, vanished after leaving their home northwest of Edmonton on a camping trip to British Columbia on July 3, 2010. Their burned-out motorhome and a vehicle they had been towing were discovered several days later. Their bodies have not been found.

Vader was arrested as a person of interest in the case, although he wasn't charged with the killings until 2012.

Following a lengthy, high-profile trial, Thomas determined that Vader was a desperate drug

addict who came across the couple in their RV near Peers, Alta., and killed them during a robbery.

The judge initially convicted Vader of second-degree murder but, because he mistakenly used an outdated section of the Criminal Code, later changed the verdict to manslaughter.

Defence lawyer Nathan Whiting told court that because no one knows what happened, the Crown can't prove manslaughter beyond the lowest range.

Prosecutor Ashley Finlayson said Vader deserves life in pris-

on because he was on bail and on the run on other charges when he killed the vulnerable seniors. And he showed no remorse, using their money to buy beer and a phone card and their cellphone to call a girlfriend for drugs and sex.

Whiting told court that Vader's rights were violated when he wasn't allowed to meet his lawyer in private because Mounties refused to leave the room.

Finlayson said the lawyer was only there to tell Vader that he was no longer representing him. THE CANADIAN PRESS

HOMELESS LRT shelters live up to their name

Kevin Maimann
Metro | Edmonton

Hundreds of Edmontonians have found respite in LRT shelters on brutally cold nights this winter.

The city has been leaving its LRT stations unlocked between the hours of 1:30 a.m. and 5 a.m., when they would normally be closed, on especially frigid nights.

Transit spokesperson Jennifer Laraway said between 30 and 167 people stayed overnight in the stations on any given night during the first stretch, from Dec. 10 to 16.

About 30 took advantage of the open stations Monday night, and at press time Laraway said the decision was still up in the air over whether to open them Tuesday night while temperatures hovered around -20 C. In total, the stations have sheltered roughly 500 people.

Laraway said those staying overnight have, for the most part, been "extremely thankful" and respectful of morning commuters.

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Seven-fold increase in mail-forwarding fraud

CRIME

Ignored mail getting stolen, fraud centre warns

Kevin Maimann
Metro | Edmonton

Ignore your mailbox at your own peril.

Canadians are having their identities stolen at record rates as they leave important envelopes piling up in front of their doors.

The Canadian Anti-Fraud Centre is reporting that it received seven times more complaints of mail-forwarding fraud in 2016 than in 2015.

"People aren't paying too much attention to their mail anymore," said Lisanne Roy Beauchamp, a team leader at the federal agency, which collects information and criminal intelligence on fraud.

"You do actually want to get it on a daily basis. You don't want to give anyone the opportunity to steal your mail."

A perpetrator of mail-forwarding fraud will impersonate their victim using stolen information — lifted from physical mail or through online and phone scams — and have the victim's future mail re-routed to a different address.



Manager Shraddha Ahir arranges packages in the back room of a Canada Post office on Jasper Avenue and 108 Street on Tuesday. KEVIN MAIMANN/METRO

re-routed mail in 2016, compared to 63 complaints in 2015 — and she said that's a small fraction of what's actually happening across the country.

"We estimate that we get maybe one to three per cent of complaints reported," Roy Beauchamp said.

An Edmonton Police Service spokesperson confirmed Tues-

day he has seen mail-forwarding complaints locally.

In September, Edmonton police issued 28 warrants for a "prolific" mail thief suspected of thefts dating back to 2015. William Schaffrick was arrested and charged the following month.

Identities are also being swiped through email phishing scams and phone calls from people posing as representatives of banks and companies like Apple or PayPal, Roy Beauchamp said.

"You don't want to be sharing any of your personal information over the Internet or even through text," she said.



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*Offer expires February 28, 2017. Some conditions apply. Amenities vary by location.

COURTS

Charges against pilot shock expert

A veteran aviation safety expert says the case of a pilot allegedly passed out drunk in the cockpit shortly before scheduled take-off from Calgary is the worst suspected incident of its type he's heard of.

Calgary police have charged Miroslav Gronych, a 37-year-old Slovakian national, with having care and control of an aircraft while impaired and with a blood alcohol level above .08.

Court documents show Gronych has been released on \$1,000 bail and was ordered to turn in his passport. He is also prohibited from flying a plane in Canada while on bail.

He's set to appear in court on Thursday.

The Boeing 737 operated by Sunwing was scheduled to leave Calgary early Saturday with stops in Regina and Winnipeg before continuing on to Cancun, Mexico. Police allege Gronych, the captain, was found slumped over in his seat and then escorted off the plane.

Edward McKengh, with Canadian Aviation Safety Consultants, said it's the worst alleged incident of its type he's heard of and raise concerns about airport scrutiny.

If he's found guilty, McKengh said he hopes "this individual will be sent for some serious counselling and rehab before he is cleared to fly again."

McKengh's company talks to flight crews about safety throughout their careers.

"We don't talk at all about mixing drinking and flying because that is so obviously a no-no to all responsible people that it need not be discussed."

It's against the law in Canada for a flight crew to work within eight hours of consuming alcohol, according to Transport Canada.

But McKengh said most airlines have their own rules that go above and beyond that, with most requiring 12 hours between bottle and throttle.

That is the case with Sunwing, airline spokeswoman Jacqueline Grossman said in an emailed statement.

"Sunwing Airlines has a zero tolerance policy on alcohol consumption within 12 hours of duty and any crew member suspected of violating this policy would be removed from duty pending an investigation."

Grossman said Sunwing employs about 350 Canadian pilots and contracts up to 60 foreign pilots due to the highly seasonal Canadian vacation industry.

Canadian pilots work in Europe under similar arrangements.

"While the vast majority of Sunwing's pilots are Canadian, it is important to note that all pilots operating in Canada must be qualified to do so," said Grossman.

Passengers reportedly became concerned when they heard slurred announcements coming from the cockpit of a plane operated by budget carrier Citilink last Wednesday. An online video shows the pilot appearing to stumble through a security checkpoint.

The pilot has been fired and two executives with the carrier have resigned as a result.

THE CANADIAN PRESS



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CLIMATE CHANGE

Wildrose dismisses call to sack its critic

Alberta's NDP says the Opposition Wildrose party needs to sack one of its critics for refusing to acknowledge the reality of climate change.

NDP caucus member Shaye Anderson said Tuesday that the Wildrose's Don MacIntyre has made similar comments in the past, and his denials undermine his effectiveness as critic for electricity and renewables.

"It's irresponsible to lend climate-denying conspiracies the credibility of the office of the Official Opposition. Unless (Wildrose Leader Brian) Jean agrees with what Mr. MacIntyre is saying, he must remove him from his position."

MacIntyre, speaking to reporters this week on the new carbon tax, said it's not clear how much humans contribute to climate change.

"The science isn't settled," he said.

Wildrose whip Jason Nixon said MacIntyre isn't going anywhere.

Nixon also said if the NDP is looking to sack people, they should first look to the government front benchers, including those who brought in the carbon tax in the first place.

"We get calls daily from Albertans living in NDP-held ridings furious that their MLAs are not listening to their opposition to the carbon tax. I suggest they spend their time listening to those concerns," said Nixon.

"The NDP would love nothing more than for the opposition to lose an effective critic like Don MacIntyre."

Jean has said previously that the science is settled and man-made climate change is real.

The Wildrose has promised to repeal the tax, saying it is harming Albertans at a time when

thousands are losing their jobs due to low oil prices.

The carbon tax will be used to fund green initiatives, rebates and help move Alberta's economy to one less dependent on fossil fuels.

Gas at the pump has gone up 4.5 cents a litre and home heating bills are on the rise as well.

The government pegs the impact at \$443 for the average family this year, although opponents say the actual cost will be at least double that or more.

The political battle is now being waged for the hearts and

“Time and time again, Mr. MacIntyre has made comments that are drawn from climate change-denying conspiracy theorists.”

Shaye Anderson

minds of Albertans.

Environment Minister Shannon Phillips said this week the tax has helped burnish Alberta's reputation, leading to recent pipeline approvals. She also said Albertans will see benefits as well when rebates and efficiency incentive programs are rolled out.

The province is issuing rebates to middle and low-income earners to help offset the increased costs.

But opposition critics say the levy comes at the worst time, given tens of thousands of layoffs due to low oil prices, and add that the tax will make Alberta less competitive in the global marketplace.

THE CANADIAN PRESS

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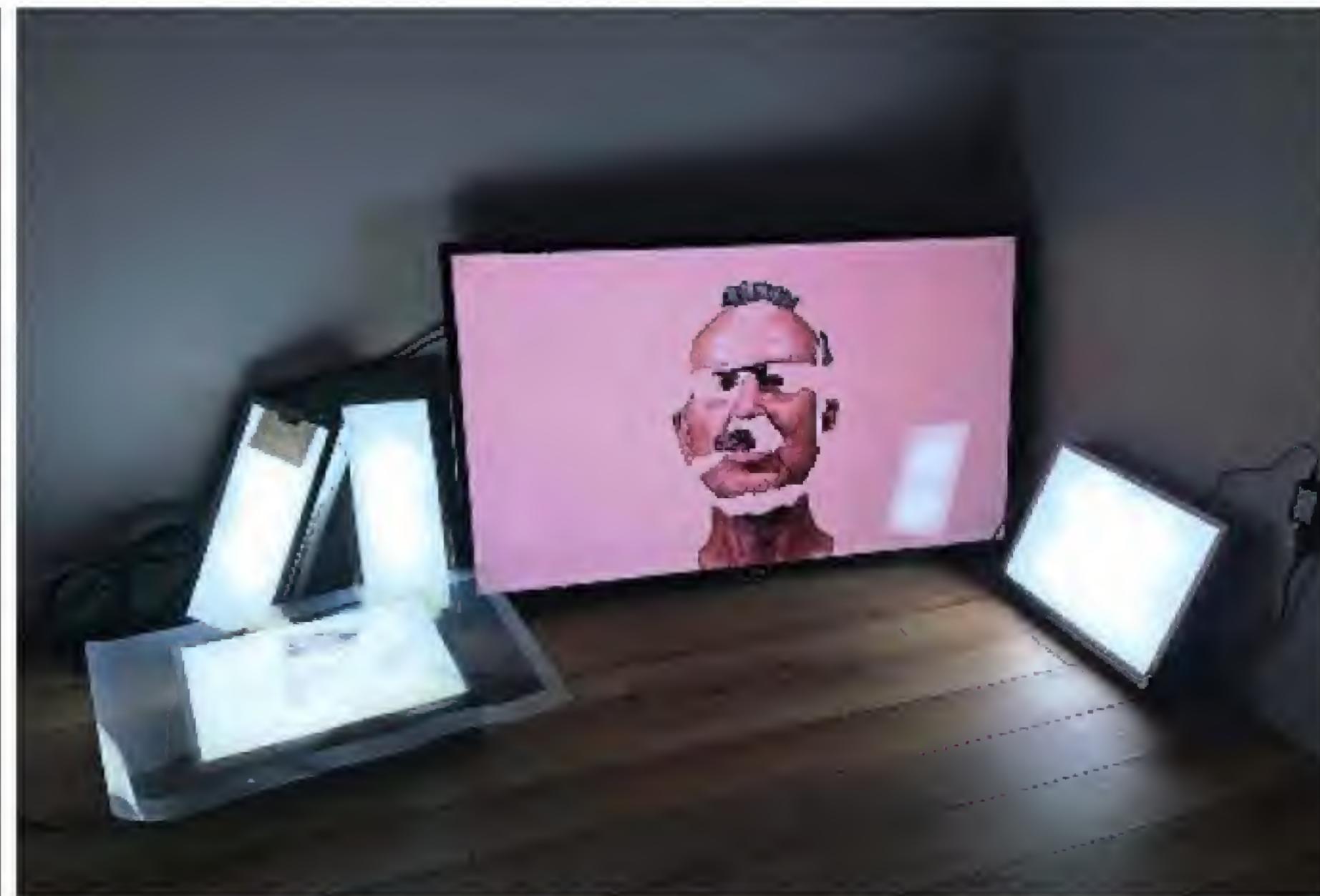
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A still image from artist Brad Necyk's installation, Waiting Room, that shows life with head and neck cancer. SUPPLIED

FLUX exhibit looks at life with cancer

ART

Work helps to uncover the emotional side of the disease

Sarah Hoyle
For Metro | Edmonton

Fragments of a face — eyes, a nose, a bit of ear — dart around the screen, but never quite manage to come together in a comprehensive picture.

The video is part of an installation, called Waiting Room,

from Edmonton artist Brad Necyk. They're his take on what it's like to live with head and neck cancer.

His work is part of a new exhibition called FLUX: Responses to Head and Neck Cancer that opens at Dc3 Art Projects on Thursday.

The exhibit features the work of six local artists, including Necyk. All of them have spent time over the last year meeting with and listening to cancer patients, their families and medical researchers.

"It was really about how it (cancer) was affecting them as humans, as people," said Necyk.

The video installations, photography, prints, sculptures, and drawings in the exhibition all try to show the patient experience beyond the diagnosis, he adds.

"There are a lot of human concerns that get missed sometimes when you're trying to understand a condition of a patient really quickly."

The University of Alberta's Faculty of Medicine and Dentistry coordinated the project in order to examine the experience of head and neck cancer inside and outside the healthcare system.

Necyk argues injecting art into the conversation around

illness is helpful.

"When artists come in, (they) help fill in a bit of that equation. Where you get emotional intelligence that comes into looking at these people and these conditions. It's a team thing."

The exhibition runs at Dc3 Art Projects from January 5-21, before travelling to South Korea. It features work from Heather Huston, Ingrid Backmann, Jill Ho-You, Jude Griebel and Sean Caulfield, in addition to Necyk.

Edmontonians will have another chance to see the show during Works Art & Design Festival in June.

Five driving tips to save on gas mileage

Carbon tax got you down? Fear not. Ron Wilson, manager of driver education with AMA, says there are many steps a vehicle owner can take to reduce gas consumption.

■ Make sure your vehicle is tuned up and running well. Wilson said something as simple as a clogged air filter can reduce a vehicle's efficiency by

10 per cent.

■ Watch your tire pressure. One tire that's down by eight PSI can increase fuel consumption by four per cent (not to mention reduce traction). He recommends checking tire pressure at least once a month.

■ Anticipate your stops and don't "jackrabbit." Wilson

said keeping an eye out further down the road will help you apply the brakes sooner, and accelerating from stops more slowly is an easy way to conserve fuel.

■ Leave the luggage at home. Even an extra 50 kilograms can affect your car's gas mileage. Wilson said many people keep ski gear or hockey gear in their

car all week, adding unnecessary weight to their vehicle.

■ Plug in your vehicle's block heater. When the temperature dips below -15 degrees Celsius, plugging your block heater in will help the car run more efficiently. But don't idle your car to warm it up. Wilson said today's cars are designed to start up and drive away. METRO

TRAGEDY ABROAD

Ontario woman killed in Italy

A young Ontario woman who had recently moved to Europe with her fiancé died on New Year's Day after falling off a mountain path during a hike near the Italian-Austrian border.

Chelsea Rebecca Alvarez was hiking on Jan. 1 in a mountainous area in the South Tyrol region of northern Italy, when she reportedly slipped off a path and fell onto rocks in a valley below, local media reports said.

The 24-year-old died instantly, the reports said, and rescue teams recovered her body from the area.

Those who knew her said Alvarez had moved to Italy about six months ago with her fiancé, Colin Behenna, a former Ontario Hockey League player who signed a deal to play for the Sterzing Broncos team based in northern Italy.

Many Canadians have died abroad in recent days:

Clinton Munkittrick of Sherbrooke, Que., died in Thailand after a New Year's Eve party on the island of Koh Phangan, according to Global Affairs Canada. A news outlet said there were high waves during the event.

Alaa Al-Muhandis of Milton, Ont., was killed in the New Year's attack on an Istanbul nightclub. Media reported that Al-Muhandis was a 29-year-old mother of two.

A 10-year-old girl died Christmas Eve after falling ill aboard a transatlantic Air Canada flight. The Toronto-to-London flight diverted to Shannon, Ireland, after the child suffered a medical problem.

Linda Vatcher, 62, of Corner Brook, N.L., was killed Dec. 18 during a shooting ambush in Karak, Jordan.

THE CANADIAN PRESS



Laura MacLeod will bake treats each month of the sesquicentennial. JEFF HARPER/METRO

Canada, land of the sweets

BIRTHDAY BASH

Bakery's tasty treats celebrate each province and territory



Yvette d'Entremont
Metro | Halifax

A bakery in Halifax, N.S. has hit on a tasty way to celebrate Canada's 150th birthday.

For each month of 2017, the Old Apothecary will feature classic desserts from each Canadian province and territory.

People are being encouraged

to share their favourite recipes that best capture the regional flavours of the parts of Canada they love in return for a gift card and public acknowledgement.

First up for the month of January is Newfoundland and Labrador. Desserts from that province will be served starting Wednesday. Partridgeberry squares and snowballs are just two of the Newfoundland-inspired items that will appear on the menu over the next month.

Owner Laura MacLeod said she baked up the idea for a Canada-themed 2017 on New Year's Eve while thinking about changes to her menu.

She asked people via social media to send in their favour-

ite recipes from across Canada, and so far she hasn't been disappointed.

"Out of the gate people were saying 'I love this idea.' It was fun to see immediately what came in and to realize I knew absolutely none of the recipes that were coming in," she said.

"This is going to be a great way to learn about the baking history of Canada and what it means province by province. I just thought it would be fun because I know what my grandmother's cookbook looks like, and I'm sure that everybody's got one."

Although she still hasn't mapped out which provinces are being represented when Que-

bec is happening next month to take advantage of its renowned maple syrup.

"I'm going to cherry pick Nova Scotia's so that we get our strawberry shortcake, so we'll get strawberry season," she said.

"I'm going to try to pay attention to seasonality as much as possible. I realize that's a tricky thing to do in Canada."

With 10 provinces and three territories to cover over the year, MacLeod said she may have to squeeze two territories into one month.

Although she's still ironing out the finer details, MacLeod's excited about the initiative and is encouraging people to start sending in their favourite reci-

TAKE PART

Send submissions to info@theoldapothecary.com.

pes representing all of Canada's provinces and territories.

"We know people from Nova Scotia are from everywhere because we talk to them everyday. We have Newfoundlanders, we have people from Quebec, from Ontario, from B.C., Alberta," MacLeod said.

"I'm really excited about learning, I think there will be a lot of that happening for many of us this year."

ADDITION

Study shines a light on gambling addiction



Wankee Li
Metro | Vancouver

Gambling addicts' brains light up in the same way drug addicts' brains do when they are shown images of slot machines, according to a new UBC study.

Participants in the study showed increased activity in the brain's reward network, particularly the insula, which is responsible for bodily sensations, including cravings.

This region responds to any

type of reward. It's the same for food reward or financial reward, or if people take a drug," said lead author Eve Limbrick-Oldfield.

She says this finding could help rehab centres measure the effectiveness of treatments — something that is currently difficult to do because feelings of craving can be subjective.

"The higher they reported their craving when they saw these gambling images, the more insula activity increased," said the UBC psychology researcher.

"This biological marker is a

really great way of measuring if a treatment is reducing a craving."

This concrete connection between gambling images and a reaction in addicts' brains shows how dangerous advertisements can be for those trying to kick the habit, she said. Limbrick-Oldfield used photos of slot machines, horseracing posters, and lottery cards in the study but says TV commercials are likely even more effective in triggering cravings.

"They involve sounds, movies, and they really are very exciting and highlight the gambling

machines."

It may be time to consider an outright ban on gambling advertisements, she said.

"I think it might be quite a controversial view, but in the same way that smoking isn't advertised anymore, there is certainly an argument for it to be the same for gambling."

Policymakers should consider preventative measures as well and more research needs to be done to better understand how people develop behavioural addictions to things like gambling in the first place, she said.

UPPER BIG TRACADIE

Four dead in rural Nova Scotia home



Philip Croucher
Metro | Halifax

Police in Nova Scotia have made a grisly discovery with the bodies of four people being found inside a home.

The RCMP say they were called to a residence in the rural community of Upper Big Tracadie in Guysborough County around 6 p.m. Tuesday.

"Upon arrival officers locat-

ed four deceased individuals inside a residence. Based on the preliminary investigation the RCMP want to advise there is no risk to the public," a police statement read at 9:40 p.m.

In an interview later, RCMP spokeswoman Cpl. Jennifer Clarke said it's a "developing" and "complex situation" and that more details would be released when they became available.

She said she didn't know the age or gender of the victims.

Nearly 7,000 Iraqis killed

MIDDLE EAST

2016 figures 'have to be considered a minimum': UN

Violence claimed the lives of at least 6,878 civilian Iraqis last year, the United Nations said on Monday, as the Iraqi government struggles to maintain

security and to dislodge Daesh militants from areas under their control.

The UN Assistance Mission for Iraq, known as UNAMI, said its numbers "have to be considered as the absolute minimum" as it has not been able to verify casualties among civilians in conflict areas, and of those who lost their lives due to "secondary effects of violence ... due to exposure to the elements, lack of water, food and

health care."

UNAMI said in a statement that 12,388 other civilians were wounded in 2016. It added that last year figures didn't include casualties among civilians in Iraq's western Anbar province for the months of May, July, August and December.

At least 7,515 civilians were killed in 2015, UNAMI reports.

The monthly UN casualty report for December 2016 showed that a total of 386 civilians were

killed and another 1,066 were wounded. The worst affected area was the northern province of Nineveh, where government forces are fighting to retake the Daesh-held city of Mosul, with 208 civilians killed and 511 injured. Baghdad came next with 109 killed and 523 injured.

Daesh has claimed responsibility for a string of bombings in Baghdad that have killed more than 50 people in the last week. THE ASSOCIATED PRESS



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RESCUE

Toddler saves twin brother

A two-year-old boy in Utah was caught on a nanny cam saving his twin brother by pushing a fallen dresser off him. The boys' mother, Kayli Shoff, tells KUTV-TV that she didn't hear the dresser falling and only saw what happened on video.

- 1 Two-year-old toddler twins play around by a dresser.
- 2 The dresser suddenly falls on one of the twins.
- 3 The other twin bravely manages to maneuver the dresser off his brother. THE ASSOCIATED PRESS

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Your essential daily news

Wednesday, January 4, 2017

URBAN ETIQUETTE **ELLEN VANSTONE**



Dear Ellen,

I sometimes take people to lunch, and they always thank me. Some of my lunch guests follow up with "thank you" emails afterwards, which I find excessive. Am I supposed to email back and say "you're welcome"?

I also have a question about dinner parties. The day after I attend one, another guest will inevitably send a thank you note and copy everyone on the guest list. This sets off a long thread of thank yous, which I find very distracting and time-consuming, but I don't want to appear rude. What is the etiquette here?

Exhausted by emails

Dear Exhausted,

I think we're all exhausted by emails at this point. Unfortunately, some people don't know when to quit when they get into an email spiral of thanking hosts, complimenting each other, or accusing a presidential candidate of not using the right server. (I note with interest, by the way, that no one seems to give a smiling poop about Hillary's emails anymore. I guess they didn't fatally endanger the republic after all. Oh well!)

But when it comes to thanking someone for a meal, I have to say that I do approve of sending a formal email afterwards. If your guest sends you a quick "thanks for lunch" email, you don't have to respond, but an equally quick

Group email rituals sometimes turn into a competitive sport as everyone piles on with geyers of gushing gratitude.

THE QUESTION

When a dinner guest sends a 'thank you' email and copies everyone on the list, how am I expected to respond?



"my pleasure" would not go amiss.

As for a full-blown dinner party, if you've been to one, you must follow up with a thank you phone call or note regardless of email-chain hazards from other over-exuberant guests.

In the olden days, the day-after phone call was more common. And for some of us hosts, that day-long marathon of dinner-dissecting conversations was as pleasurable as the dinner party itself (sometimes even more so, truth be told). As a host, I've also been the delighted recipient of handwritten cards sent by post, and even, on occasion, a flower delivery.

Any of those approaches are still acceptable, but an email is also fine. Just be sure to take a few minutes to write a proper message with a compliment or two about the home, or food, or guest list, which is the least you can do after someone has slaved over a hot stove, or credit card, opened their home and lavished a free meal on you.

Regarding the post-dinner-party endless email thread, believe me, I know how annoying it can be. As a writer with numerous writer friends, I've been subjected to group email rituals that sometimes turn into a competitive sport as everyone piles on with geyers of gushing gratitude, witty

retorts, double entendres, and jocular insults, veiled or otherwise.

If I'm not in the mood for all those shenanigans, I just send a separate, private email to the host(s), and ignore the endless email chain from everyone else. But I'd never tell anyone not to indulge — if you are in the mood, it's fun to keep the dinner party conversation going. And don't forget the host on the receiving end. The endless email chain is a ultimately testament to them, and they deserve every word of it.

**Need advice?
Email Ellen:
scene@metronews.ca**

VICKY MOCHAMA



Temporary foreign workers need same rights as citizens

They cook for us. They take care of our children. They pick the food that fills our kitchens.

Yet Canada's temporary foreign workers are required to stay that way — temporary — no matter how much they contribute or for how long they serve this country. Currently, it's a state of affairs that is ripe for abuse. The workers' rights are often curtailed because of their singular place in our system of labour and immigration. Abuse is far too prevalent.

Under the temporary foreign worker visa program, workers have little recourse to hold their employers accountable. The program precludes them from most employment standards laws: they cannot ask for breaks at work, they do not get holidays and are not paid for overtime.

For women, especially, the lack of protection is a clear and present danger. In 2015, a Mexican woman won a human rights tribunal case against Prestewi Fonds after enduring sexual harassment, solicitation and discrimination from her employer. Another woman was, according to CBC News, sent back to Mexico for refusing the same employer.

For migrant workers, the penalties are also financial. In Leamington, Ont., three men extorted money from workers by charging them a series of fees for accommodation, travel and procuring the work visas. The fees were in the

thousands. The documentary *Migrant Dreams* by Min Sook Lee follows the migrants and their supporters as they work to put together a case against their extortionists.

Foreign workers have one more extortionist to worry about: the government of Canada. They are required to pay into Employment Insurance; however, they are not eligible to receive EI. When farmworkers are laid off at the end of each season, they do not receive any of EI's benefits or even a refund.

The problem is in the nature of the program. Defining whole groups of people as "temporary" makes them susceptible to these abuses. The federal government recently took a positive step by eliminating the "four-in, four-out" rule, which required foreign workers to leave or not work while in Canada for four years after four years employment within the country.

Workers who come to Canada to fill necessary gaps in a range of industries should be granted access to citizenship. The corollary to the generosity that led Canada to bring in 25,000 refugees is a fairness that says: if you serve the nation, you deserve a chance to be a part of it. In the hundreds of thousands of migrants who have come to Canada over the 40-plus years of the program's existence, we already have a pool of future citizens who are ready and willing to do the work of being productive Canadians.

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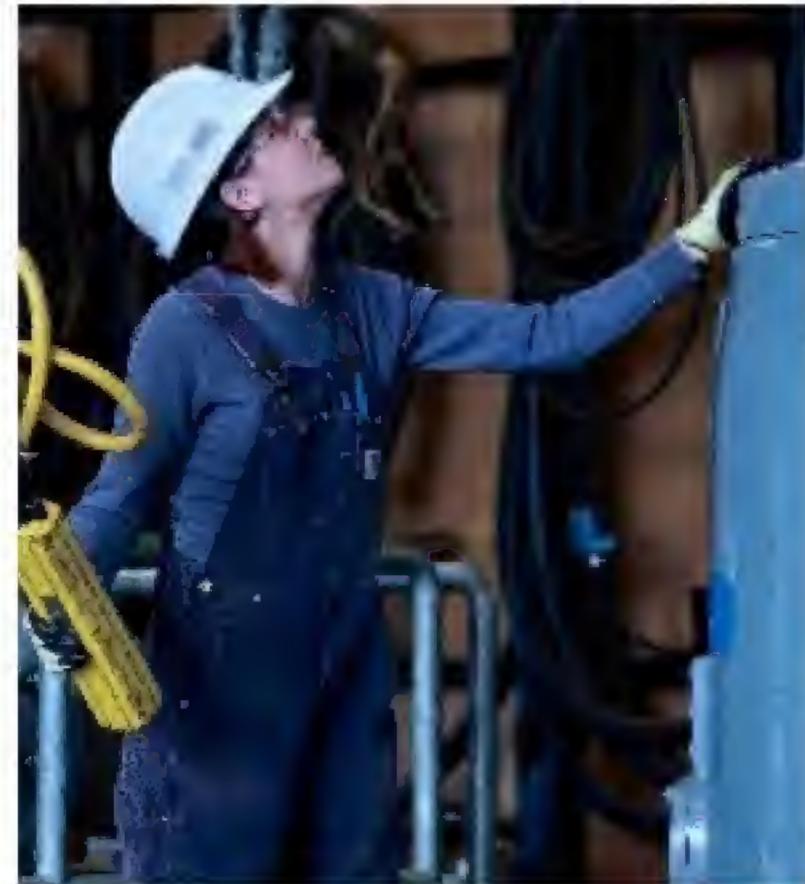
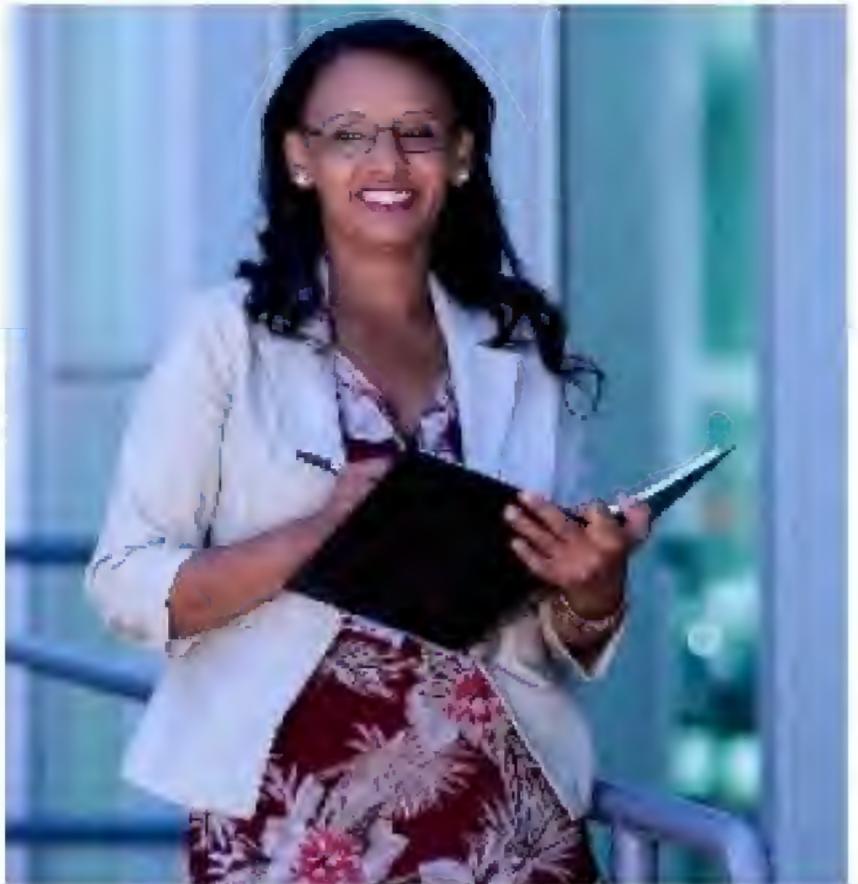


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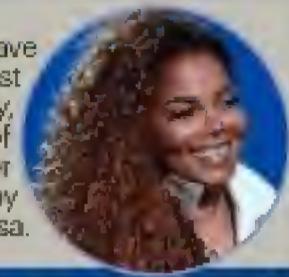
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Janet Jackson gave birth to her first child Tuesday, at the age of 50. The singer welcomed a baby boy, named Eissa.



Wednesday, January 4, 2017

Food that makes you happy

RECIPE

Meals to help you eat well and feel well

This time of year is full of listicles and slide shows pointing out "superfoods" that people should be eating for a happier new year. A quick Google search for "foods that make you happy" yielded 13.5 million results ranging from raw nuts to kale and spinach to chocolate.

The foods listed are usually chosen for being high in a vitamin, mineral or amino acid that's vital for the body to function, though whether food alone can boost a person's mood hasn't been definitively proven in clinical studies. Heck, if kale alone could boost our moods we would all be chugging kale juice after the disastrous events of 2016.

"Food is complex and that's often forgotten," says Timothy Caulfield, professor and research director at the University of Alberta's Health Law Institute. "Food is made up of a ton of chemicals and that makes it tough to make definitive statements about foods producing a particular mood that's good or bad."

Still, Caulfield points out numerous studies done around the world that associate a healthier, balanced diet with a better mood — especially when that balanced diet also satisfies hunger (We all know from personal experience the idea of "hangry," a portmanteau of hungry and angry).

Here are three recipes to help you eat well — and feel well — in 2017.

Hotpot For One

Makes one serving

"If you are hungry you may have less concentration and get more angry easily," writes professor at U of T's department of Nutritional Sciences and Medicine David Jenkins in an email.

So how do you keep yourself full and focused?

Health Canada recommends filling half of your plate with veggies at dinnertime as a good guideline to ensure a balanced meal rich in nutrients and fibre, which keeps the stomach feeling sated and your digestive system happy.

This warming bowl of veggies, tofu and buckwheat noodles in a spiced vegetable broth should help keep your stomach — and mind — happy.

Ingredients:

- 2 cups (500 mL) vegetable broth, plus more to boil vegetables
- 1/4 tsp (1 mL) soy sauce, or to taste
- 1/4 cup (60 mL) thinly sliced carrot
- 1 handful watercress
- 2 button mushrooms, thinly sliced
- 5 oz (140 g) extra firm tofu

cut into small cubes

- 3-1/4 oz (90 g) soba noodles or your soup noodle of choice

Directions:

1. In a medium saucepan, bring vegetable broth to a boil. Add soy sauce. Add carrots, watercress, mushrooms and tofu. Add more broth if necessary to cover ingredients. Cook until vegetables are tender. Add noodles and continue to boil until just al dente.
2. Transfer to serving bowl and serve immediately.

Sunshine Chopped Salad

Makes one serving

BALANCED DIET

Numerous studies show North Americans eat too much salt, and not enough potassium. One banana has 422mg of potassium — that's 9 per cent of the amount needed per day.

If you've overladen on salty turkey and ham over the holidays, your taste buds might crave something more acidic and bright such as zesty citrus fruits. Early explorers went through the same thing, although their situation was a little more extreme: their bodies were deprived of vitamin C after sustaining on nothing but dried meats, and they were suffering from scurvy.

Though scurvy is rare these days, a brightly coloured salad — with lots of texture, healthy fats, lean protein and tart acids — may help you feel more balanced. It also helps that we like to eat with our eyes and are drawn to colourful plates rather than a bowl of grey mush.

This take on the classic Cobb salad of oranges and subs in a lighter-tasting grilled chicken for bacon.

Ingredients:

- 4 oz (115 g) boneless, skinless chicken breast diced into 1-cm cubes
- Salt and pepper, to taste
- 2 cups (500 mL) chopped green leaf lettuce or lettuce of your choice
- 1 hard-boiled egg, chopped
- 1/2 avocado, seeded, peeled and diced
- 1/2 cup (125 mL) peeled and diced beet
- 1/2 orange, cut into segments with seeds, skin, pith and membranes removed
- Olive oil, to taste
- Balsamic vinegar, to taste

Directions:

1. In an unoled skillet over medium high heat, sauté chicken until fully cooked and browned. Season with salt and pepper to taste. Set aside.
2. In a salad bowl, sprinkle chopped lettuce on bottom to form an even bed. Top with lines of chopped egg, avocado, beet, orange and cooked chicken. Drizzle with

olive oil and balsamic vinegar to taste. Serve immediately.

Hot Chocolate Coffee

Makes one serving

The placebo effect of comfort food comes down to one thing: nostalgia. Caulfield says we associate certain food with memories — think chocolate with childhood birthday cake — and that's one reason why a square of the dark stuff can put a smile on your face, as it reminds us of all the good times experienced when chocolate was around.

The same logic applies to other comfort foods such as pizza, mac and cheese, cake — foods that people are more likely to have when they were children or during celebrations.

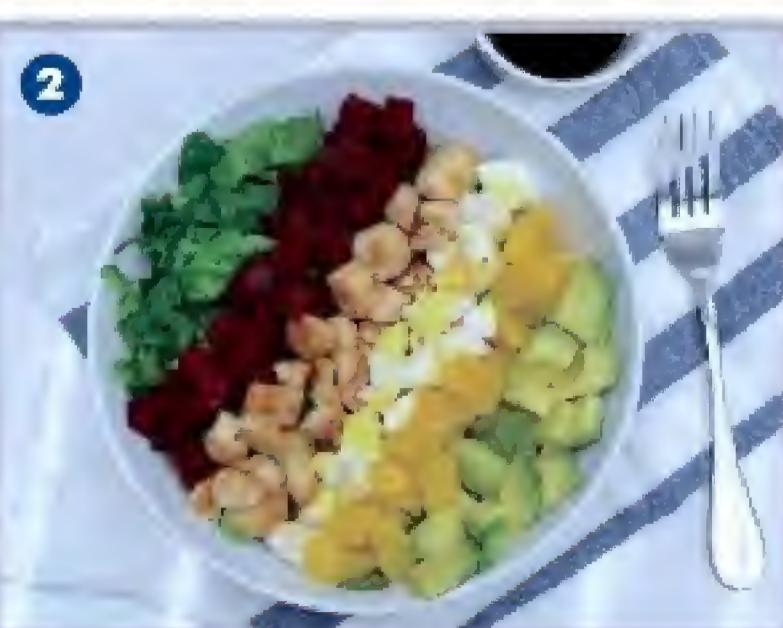
A dash of cocoa powder in your morning coffee might just hearken you back to snow days on your morning commute.

Ingredients:

- 1-1/2 cups (375 mL) freshly brewed hot coffee
- 1 tbsp (45 mL) unsweetened cocoa powder
- 1 tbsp (45 mL) granulated sugar
- 1 tbsp (45 mL) milk or cream

Directions:

1. Fill a large mug or pot with coffee and stir in cocoa powder, sugar and milk. If coffee isn't hot enough to completely dissolve cocoa powder, whisk everything together in a small saucepan over low heat.
2. Serve immediately.



Kelly walks away from Fox for NBC

TELEVISION

News presenter makes move in wake of Trump confrontations

Megyn Kelly, the Fox News star who's had a contentious relationship with President-elect Donald Trump, said Tuesday that she's leaving the network for NBC News, where she will host a daytime talk show and a weekend newsmagazine, as well as contribute to breaking news coverage.

NBC News made the announcement Tuesday, ending months of speculation over whether she would re-up with

Fox, where she has flourished while suffering bruised feelings in recent months, or start a new chapter in her career. Her contract with Fox expires this summer. Her last show on Fox will be Friday night.

Kelly's departure deprives Fox News of its second-most-watched host, behind only Bill O'Reilly, and a hole at 9 p.m. in its prime-time lineup.

"While I will greatly miss my colleagues at Fox, I am delighted to be joining the NBC News family and taking on a new challenge," Kelly said in a message on Twitter on Tuesday.

Rupert Murdoch, executive chairman of Fox, said that "we thank Megyn Kelly for her 12 years of contributions to Fox



Megyn Kelly will host a daytime talk show. ASSOCIATED PRESS FILE

News. We hope she enjoys tremendous success in her career and wish her and her family all the best."

Kelly became one of Fox's hot-

test properties and a flashpoint in the presidential campaign after Trump objected to her questioning in the first Republican presidential debate a year and a half

ago. He tweeted angry messages about her and boycotted another Fox debate after the network refused to replace her as one of the debate moderators.

She also became a central figure in the downfall of former Fox News chief Roger Ailes, telling in-house investigators of inappropriate conduct by Ailes that supported women who had made similar accusations.

Details about Kelly's new jobs at NBC will be revealed in upcoming months, said Andrew Lack, chairman of the NBC Universal News Group.

"Megyn is an exceptional journalist and news anchor, who has had an extraordinary career," Lack said. "She's demonstrated tremendous skill and poise, and

we're lucky to have her."

Kelly wasn't immediately available for comment about what made her choose to leave Fox. But she said in November that the factors she was weighing "mostly involve a 7, 5 and 3-year-old," her children. Her Fox show airs live at 9 p.m., giving her no time at home with her children in the evenings.

As a star in demand, Kelly was no doubt able to seek a schedule that would give her more time at home in the evening.

A former lawyer who was raised in upstate New York, Kelly turned to television and got a job in Fox's Washington office. She was noticed by Ailes, and given a daytime show.

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THE CHECKLIST | 2017 CHRYSLER PACIFICA

THE BASICS

Engine: 3.6-litre V6
Output: 287 horsepower, 262 lb-ft
Transmission: Nine-speed automatic
Fuel Economy (L/100 km): 12.9 city, 8.4 highway, 10.9 combined
Price: Starts at \$45,740



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REVIEW

Yeah, you read that headline right — this minivan rules



Craig Cole
AutoGuide.com

The Chrysler Pacifica minivan launched in 2016 replaced the long-running Town & Country nameplate. Despite riding atop an all-new platform and offering more features than ever, I must confess that my hopes weren't very high for this family hauler.

But as the old saying goes, "When you assume you make an ass out of you and me," I'm happy to report my fears were completely unfounded because this is the best vehicle FCA builds.

Let that soak in for a moment. I'm declaring that its latest minivan is better than the ever-popular Jeep Wrangler, stupid-fast Hellcat cars and even the 505-horsepower Alfa Romeo Giulia Quadrifoglio, which, admittedly, I've yet to sample. Yeah, you read that right.

Its body brings new style to a staid segment. Resembling a pumped-up 200 sedan, this minivan's bodywork has a sculptural elegance to it; a breadbox on wheels it most certainly is not.

Smoothly flowing lines fill this van's interior as well. Most of the Pacifica's cabin is made of hard plastic, but the graining is upscale and everything well built. No obvious fit-and-finish

anomalies were spotted in my test model.

Pop open a sliding bin on the dashboard or centre console and they roll like they're on ball-bearing slides; their motion is eerily friction free, something that exudes quality.

The 2017 Chrysler Pacifica is built on an all-new architecture that's supposedly the stiffest and lightest in its class, attributes that contribute to the reduced intrusion of noise and harshness. While in motion, there are no jiggles or rattles to cheapen the experience. Everything is tight and solidly built; you can tell the people who screw it together in Windsor, Ont., really care.

Chrysler's ingenious Stow 'n Go second-row seats remain and are still a marvel of mechanical engineering, folding, tumbling and dropping into the floor with the simple pull of a strap. When people aren't on your manifest, the Pacifica offers nearly 3,993 litres of interior volume.

In their upright and locked position, those second-row seats are extremely comfortable, offering plenty of knee and headroom with a lower cushion that's nicely elevated off the floor.

The Pacifica is motivated by a familiar friend, FCA's versatile and refined 3.6-litre Pentastar V6.

As smooth-running as ever, it sports a raft of enhancements for 2017 including two-stage variable valve lift and cooled exhaust gas recirculation. A nine-speed automatic is the only transmission offered but don't worry, it's smooth and speedy, swapping ratios without any fuss, which is exactly the way it's supposed to function.

4

THINGS THAT MAKE THE TOYOTA TACOMA TRD PRO SPECIAL

The new 2017 Toyota Tacoma already sets itself apart with its unique off-road components, but let's take a look at exactly what makes the new TRD Pro different from the regular Tacoma. **STEPHEN ELMER/AUTOGUIDE.COM**



1 Unique suspension

The Tacoma uses a brand new set of Fox internal bypass shocks that are position sensitive, which allows for a tight setup on the road and a plush suspension that soaks up the bumps when you leave the road. New spring rates, specially tuned leaf springs, and a one-inch lift complete the package.

2 Heritage-inspired looks

Toyota knows that its special models should look the part, and this Tacoma doesn't disappoint. The heritage-inspired grille that reads 'TOYOTA' is a personal favourite, while blacked out, thick TRD Pro badges offer a tough look.

3 LED lights

To allow for some night-time adventures, Toyota teamed up with Rigid Industries, which installed a set of LED off-road lights on the front of the TRD Pro. They may look small, but they can pack a pretty good punch after dark.

4 There's a manual!

For those few looking specifically for a manual off-roader, Toyota has you covered, pairing the TRD Pro's 3.5-litre V6 with either a six-speed automatic or a six-speed manual. Best of all, the gate on the manual is fairly notchy, feeling good in your hand.

The Vikings say the pair who hung from the rafters in protest of the Dakota Access pipeline entered U.S. Bank Stadium with tickets on Sunday

Oilers become victim No. 16 in Jackets' streak

NHL

Columbus can tie record with its 17th straight win

The Blue Jackets were winding down another dominant victory when the near-sellout crowd at Nationwide Arena began to chant.

"We want 16! We want 16!" Columbus delivered, and now it will try to tie an NHL record on Thursday night.

Cam Atkinson and William Karlsson scored power-play goals and Columbus beat the Edmonton Oilers 3-1 to extend their winning streak to 16 games — one away from the longest ever in the NHL.

Nick Foligno also scored for the Blue Jackets, who can tie the 1992-93 Pittsburgh Penguins with a victory Thursday at Washington.

"Everything feels good right now," Columbus coach John Tortorella said. "They deserve it. I'm proud of the team. I'm really happy with how they've handled these past three games, with all the talk (of the streak) and all that."

Sergei Bobrovsky stopped 21 shots for Columbus, which started the new year on the right note after winning all 14 games in December. The Blue Jack-



Blue Jackets forward Brandon Dubinsky, right, jostles with Oilers forward Patrick Maroon during a scrap in Columbus on Tuesday night. PAUL VERNON/THE ASSOCIATED PRESS

ets haven't lost since Nov. 26 thanks in part to the league's best power-play unit.

Oscar Klefbom scored for Edmonton, which was limited throughout by Columbus' hard-pressing defence. Cam Talbot had 32 saves for the Oilers.

"We didn't come anywhere close to their pace or their tenacity, their relentless," Ed-

TUESDAY in Columbus

3 JACKETS **1** OILERS

monton coach Todd McLellan said. "We weren't anywhere near it."

The Blue Jackets got on the board 12:32 into the first period when Atkinson's shot ricocheted in off the skate of the Oilers' Andrej Sekera. Atkinson padded his team-leading totals to 18 goals and 38 points, and Zach Werenski and Alexander Wennberg got the assists.

"That was a nice bounce," said Atkinson, who has 17 points (10

goals, seven assists) in his past 13 games.

Klefbom evened it 5:39 into the second period with a shot from the slot on an Oilers rush. Shortly afterward, the Blue Jackets' Brandon Dubinsky and the Oilers' Patrick Maroon — who got an assist on Klefbom's goal — slugged each other briefly and went to the box for fighting after Maroon threw a high elbow.

"I think that got a lot of guys going," Foligno said.

Karlsson, skating for Dubinsky during the fighting penalty, put Columbus ahead 2-1 on another power play 10:43 into the second when he ripped a shot from the middle of the left circle past Talbot. Brandon Saad, who fed Karlsson with a perfect pass, got the assist, along with Seth Jones.

Foligno put Columbus up by two 2:45 into the third period with an unassisted goal after stepping in front of a pass as the Oilers were trying to get out of their zone.

Edmonton's Milan Lucic said he understands how Columbus has been able to pile up the wins.

"You could see everything is falling in the right direction for them," Lucic said. "It's easy to say that they're getting the bounces and all that type of stuff, but they're working hard for the bounces and they're making it happen."

THE ASSOCIATED PRESS

WORLD JUNIORS

Canada coach: Pressure's on Sweden

Canadian coach Dominique Ducharme wants to see what Sweden is made of.

The Swedes didn't see much adversity as they rolled off five straight wins to start the world junior hockey championship, and Canada will be their biggest test yet when they meet in a semifinal on Wednesday night in Montreal.

"It's one game and we'll be ready for it," Ducharme said Tuesday. "We can beat them."



Dominique Ducharme
THE CANADIAN PRESS

"They're a good team. They showed in the last 10 years that they're really good in the first round but they have (found) ways to lose when things get tougher and we want to make it tough on them. We'll see how they react to pressure."

The winner advances to Thursday's final against either Russia or the United States at the Bell Centre.

The Swedes have emerged as a favourite with a highly skilled team led by a top line with Alexander Nylander and Joel Eriksson Ek, who both started the season in the NHL, along with gritty Carl Grundstrom.

But being good hasn't always translated into gold for the blue and gold. This year, they extended their streak to 40 straight wins in group stage games at the world juniors — 10 perfect 4-0 records in a row. But they have only one gold medal in 2012 to show for it. They settled for four silvers over that span and finished out of the medals the last two years.

THE CANADIAN PRESS

SOCCER

Lawrence headed to France with PSG

After a stellar collegiate career and fine Olympic showing, young Canadian soccer star Ashley Lawrence is going to test herself against the best in Europe.

The 21-year-old fullback-midfielder from Toronto, who has 46 caps for Canada, has signed with renowned French club Paris Saint-Germain through June 2019.

"Ashley is one of the most promising young players in the world under 22 years of



Ashley Lawrence
GETTY IMAGES

and show her talents to the Parisian fans."

THE CANADIAN PRESS

IN BRIEF

Spurs lay boots to Raptors

Kawhi Leonard had 25 points, LaMarcus Aldridge added 23 and the San Antonio Spurs beat Toronto 110-82 on Tuesday night, holding the Raptors to their lowest score of the season.

San Antonio dominated a matchup of teams with the second-best record in each conference, leading by as many as 34 points.

The Spurs raced to a 26-10 lead in the opening eight minutes, and the Raptors never recovered.

THE ASSOCIATED PRESS

PREMIER LEAGUE

Gunners fire back to salvage draw

Olivier Giroud headed a late equalizer after setting up two goals to complete Arsenal's second-half comeback at Bournemouth, salvaging a 3-3 draw for his side in an engrossing Premier League game on Tuesday.

Bournemouth stunned Arsenal in an electric 20-minute opening, with Charlie Daniel netting and Callum Wilson scoring a penalty. Arsenal's troubles on the south coast deepened in the 58th minute

when Ryan Fraser put the ball through goalkeeper Petr Cech's legs.

But Bournemouth capitulated in the final 20 minutes, helped by being reduced to 10 men, with Giroud setting up Alexis Sanchez with a header and then teeing up Lucas Perez's volley in the 75th minute.

Arsenal missed a chance to regain third place from Manchester City, staying fourth in the standings.

THE ASSOCIATED PRESS



To be here now is satisfying, but it's not what we want. The gold medal is what we want.

Team Canada forward Mathew Barzal

Osweiler gets start for Texans

WILD-CARD GAME

QB has chance at redemption after struggling with turnovers

Brock Osweiler will start as quarterback for the Houston Texans on Saturday in their wild-card game against the Oakland Raiders.

Coach Bill O'Brien announced the decision on Tuesday with Tom Savage, who had started the past two games, still recovering from a concussion he suffered on Sunday.

Osweiler started the first 14 games this season before being benched on Dec. 18 against Jacksonville after throwing interceptions on consecutive drives in the second quarter.

But Osweiler got another chance after Savage got a concussion early in the second quarter.

I thought Brock did some really good things Sunday with his teammates. BILL O'BRIEN, COACH

of a loss to Tennessee on Sunday.

Osweiler had struggled with inconsistency and turnovers before being benched, but was better on Sunday when he threw for 253 yards and a touchdown and ran for another score.

"I thought Brock did some really good things on Sunday with his teammates and almost brought us all the way back," O'Brien said.

"(He) did a nice job and we have a lot of confidence in him that he's going to go out there and play well on Saturday."

Veteran left tackle Duane Brown was also impressed with Osweiler's work on Sunday.

"I thought he played loose," Brown said. "I thought he communicated well recognizing the front, getting us into the right plays, made some good throws. Had the touchdown run there, so I thought he played tough."

Savage remains in the concussion protocol and O'Brien said if he is cleared he will be

the backup on Saturday. If not, Brandon Weeden, who hasn't played since last season, will back up Osweiler.

This game will be an opportunity for Osweiler to redeem himself after failing to live up to expectations in his first season in Houston after signing a \$72 million contract in the off-season.

O'Brien thinks Osweiler benefited from taking a step back to observe things after he was benched and said he played more "freely" than he had in the past on Sunday.

"I'm sure that in some ways it's painful to go through that, but in some ways the backup position may have helped him," he said.

Osweiler has thrown for 2,957 yards with 15 touchdowns and 16 interceptions this season. This will be his first post-season start after he was benched in favour of Peyton Manning before the playoffs last season with the Denver Broncos.

Savage played well when he took over for Osweiler against Jacksonville, throwing for 260 yards to help Houston rally for the win.

But he failed to move the



Brock Osweiler will start for the **Texans** on Saturday against **Oakland**. WESLEY HITT/GETTY IMAGES

offence consistently last week against Cincinnati and couldn't do much on Sunday before he was injured. He had just 25 yards passing.

While Houston has decided on its starter, the Raiders are still dealing with questions at quarterback after Matt McGloin left with a shoulder injury in his first start since Derek Carr broke his leg the previous week.

Rookie Connor Cook took over and could have to make his first NFL start on Saturday if McGloin can't go.

This will be the second time the Texans have played the Raiders this season after Oakland got a 27-20 win in Mexico City on Nov. 21.

The Texans will need Osweiler to improve this week if they hope to win a playoff game for the

first time since the 2012 season.

Houston's offence has often been ineffective this season with him at the helm and the team's passing game ranks 29th in the NFL by averaging just 198.5 yards a game.

O'Brien likes what he's seen from Osweiler since his benching and is eager to see what he can do on Saturday.

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NCAA FOOTBALL

Kiffin says he could have coached game

Lane Kiffin says he could have remained at Alabama as offensive co-ordinator through the national championship game if he had wanted to.

Crimson Tide coach Nick Saban, meanwhile, got testy on Tuesday when asked several times about how the Kiffin-to-Steve Sarkisian move would change preparation.

"We're in the planning stages right now, so I don't know why y'all keep asking me what changes we're going to make," he said in response to the first question asked on a media teleconference.

Saban also dismissed Kiffin's talk of possibly helping the Tide in some capacity from the press box on Monday. He made it clear that's not happening.

"It's really not even possible from a legal standpoint for him to do those things," he said. "That's not something that we're interested in pursuing."

Kiffin told ESPN's Mike & Mike show Tuesday that the decision to leave was mutual, even though the Tide's offence could have performed better in the 24-7 semifinal win over Washington.

"I know this was a decision that I came up with, and it was very difficult to do," said Kiffin.



Lane Kiffin GETTY IMAGES

who's taking over as Florida Atlantic's head coach. "This was not something that Nick Saban forced me to do by any means.

"If I wanted to coach this game, I would have coached this game, and I just thought that it wasn't the best thing for the players."

Kiffin and Saban announced Monday that incoming offensive co-ordinator Sarkisian, who has worked as an analyst this season, would run the offence and call plays against Clemson. Both described it as a mutual decision.

Alabama had just 57 passing yards against the Huskies. Backup tailback Bo Scarbrough accounted for 180 yards, or 55 per cent of the Tide's total offence.

THE ASSOCIATED PRESS

IN BRIEF

Drew Storen signs \$3M contract with The Reds

The Reds agreed to a \$3-million, one-year contract with Drew Storen, their first move to improve Cincinnati's historically bad bullpen.

The 29-year-old reliever can make an additional \$1.5 million in performance bonuses under the deal announced Tuesday. He would get \$500,000 if traded.

Storen went 4-3 with a 5.23 ERA in 57 appearances last season for Toronto and Seattle.

THE ASSOCIATED PRESS

Lions set young punter Richie Leone loose

The B.C. Lions announced Tuesday they have granted punter Richie Leone early free-agent status to pursue a contract in the NFL.

The 24-year-old, who joined the Lions in 2015, was a CFL West Division all-star the last two seasons.

Leone led the league with a 49.3-yard punt average in 2016, often flipping field position with his towering boots. He also finished sixth in kickoff average at 65.0 yards. THE CANADIAN PRESS

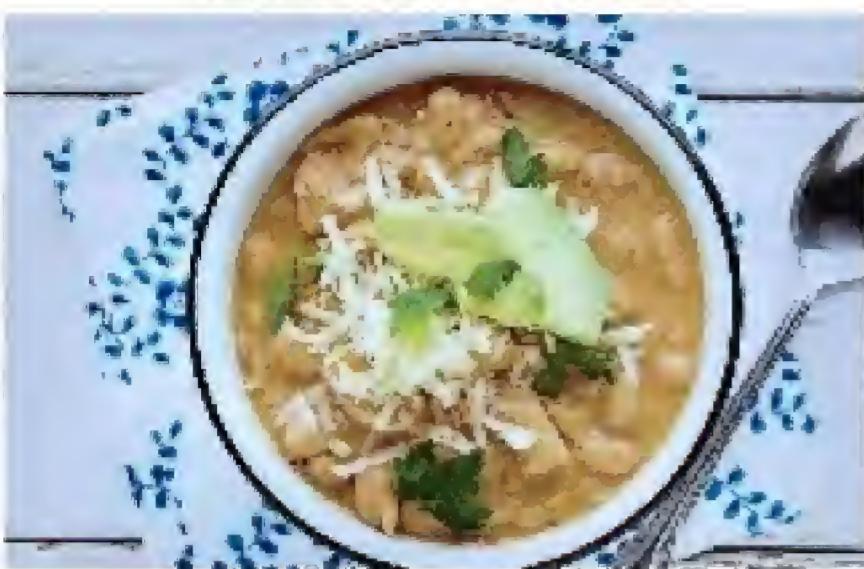
metro OBITUARIES

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MAKE IT TONIGHT

Winter White Chili



Ceri Marsh & Laura Keogh
For Metro Canada

We've paired traditional spices with chicken to create this twist on a classic chili that still delivers on comfort and flavour.

Ready in 55 minutes

Prep time: 10 minutes
Cook time: 45 minutes
Serves 4

Ingredients

- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannellini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions

- Brown chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.
- Remove from pan and place on a plate. Set aside.
- Sauté onions and garlic until they start to smell fantastic. Now add spices and let cook for a minute or two. Add beans, broth and mix in the chicken. Let simmer 20 minutes.
- Turn heat down and stir in yogurt. Add lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.
- Serve with a good sprinkling of cilantro.

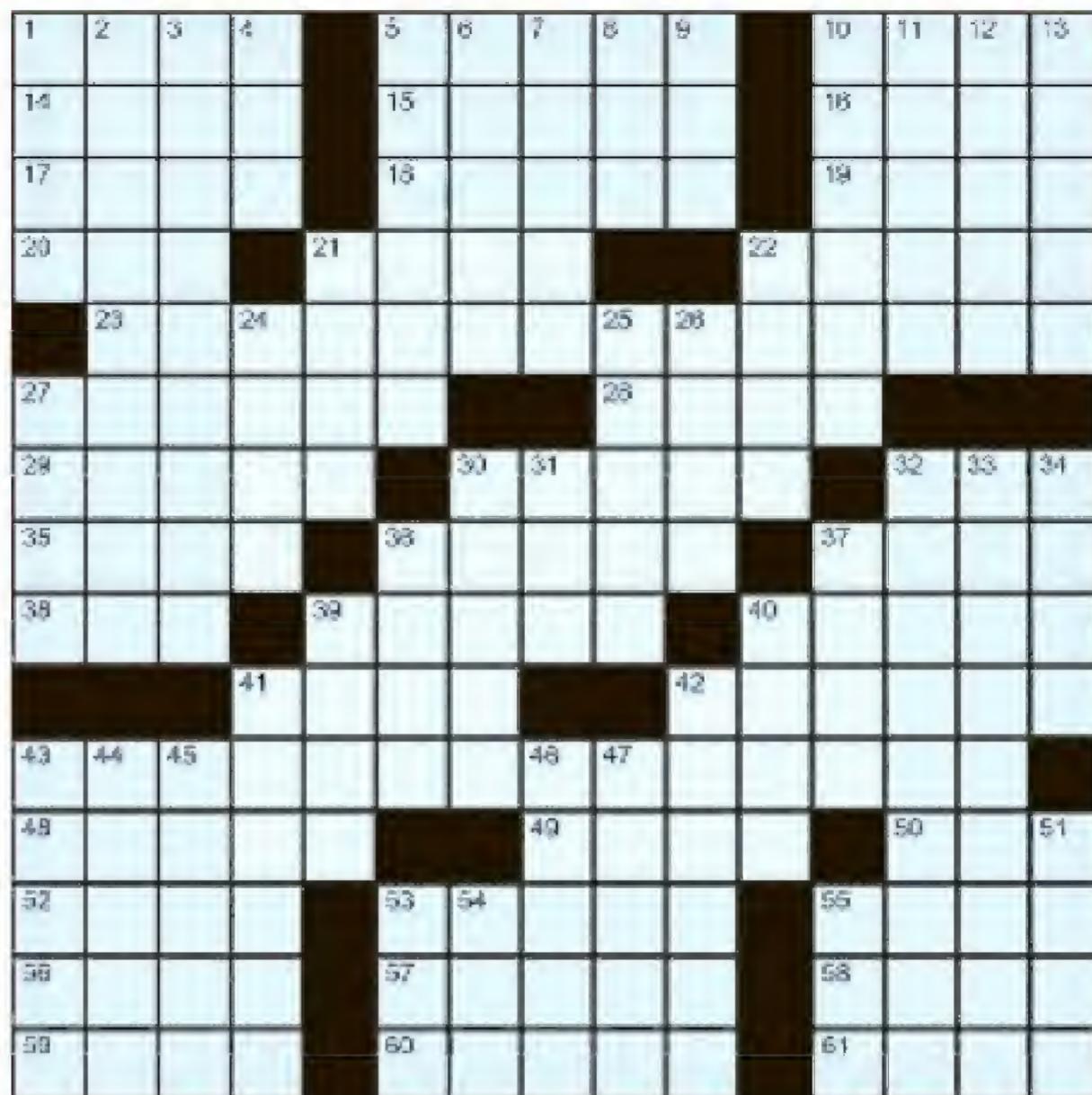
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Twain-of-tunes' trophies, tiny-ly
- Arlene and Roald
- Web letter category
- Nectar-y necklaces
- The (Diner's daily order)
- Yarn
- French 101 verb
- Journalism (Reporting style popularized by Hunter S. Thompson)
- Up to the task
- URL's helpful area
- Capital of Greenland
- "Sky ___" by Eric Burdon & The Animals
- Recreational community of northwest Saskatchewan between Churchill Lake and Little Peter Pond Lake: 2 wds.
- Sheep's coat characteristic
- Stevie Wonder's "Made to Love Her"
- High: Latin
- Danny (Season 8 "American Idol" top three finalist in 2009)
- Belonging to Winnipeg's prov.
- Contends
- Jimmies
- #50-Across' casual opposite
- "Layla" singer's initials-sharers
- Drills and crowbars
- Rica
- Phonetic alphabet's last letter
- Melting snow's state



- Shots taken at the commencement of fitness overhauls: 2 wds.
- Food-preparer's wear
- Concrete hunk
- "Uh-uh."
- Sonic sound
- Prefix with 'con-
- tinental'
- 'Snow house' in Inuktitut
- Edge tool
- Grinding tooth
- Becomes
- Visionary
- Magical being in a John Keats 'Song'
- Industrial city

in Russia

DOWN

- Music staff symbol
- BMR = Basal Rate (Resting body's calories-burning expenditure)
- Speaker's lin-

- ers brand)
- mo replay
- Tiered steps
- Mr. Picasso
- Grant
- Track events
- Belonging to the Dallas Cowboys org.
- Hope the heavens will hear
- Wintertime wellness woes
- Brand name running shoes
- Venerations
- Surfer's need
- Band
- Vinegar's salad pal
- Courier
- They create a spa-like experience: 2 wds.
- Single-horse carriage
- South
- Elton: "___ Song"
- Swivel
- Health
- 45-plus-people Canadian magazine
- 1889 Vincent van Gogh painting, The ___ Night
- Rum cakes
- Lyric poem
- Did this in the sub-zero weather
- Basketry fibre
- Well-defined
- Shed the corn's shell
- Global currency org.
- Q: "Does 'B' come first?" A: "___ does."
- OneRepublic's "Wherever ___"

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you make such a good impression on bosses, ask for what you want. They might say "no" — but then again, they might say "yes."

Taurus April 21 - May 21
Travel plans appeal to you now, because you need a change of scenery. Do whatever you can to get out of town, even if it's just a short trip.

Gemini May 22 - June 21
It's time to address red-tape details that we like to avoid. Get out those boring-looking papers and wrap up loose ends with taxes, debt, inheritances and insurance issues.

Cancer June 22 - July 23
Remember to get more sleep this month. Some of you have felt increased tension from encountering ex-partners.

Leo July 24 - Aug. 23
Continue to do whatever you can that makes you feel on top of your game. Make lists. Get up early. Try to be efficient and productive, because this is what will please you.

Virgo Aug. 24 - Sept. 23
This is a playful time! Lucky Virgos are on vacation. Perhaps you can be a tourist in your own city? The bottom line is to have fun and enjoy yourself.

Libra Sept. 24 - Oct. 23
Grab every opportunity to cocoon at home, because you need to buffer yourself from the busy world around you. Of course, your work continues to make demands of you.

Scorpio Oct. 24 - Nov. 22
You have a strong sense of wanting to talk to others or enlighten someone about something. This influence will help those of you who sell, market, teach, act or write.

Sagittarius Nov. 23 - Dec. 21
You're giving lots of thought to your earnings now, because you need the money in order to follow through on your plans. Many of you are renovating and redecorating where you live.

Capricorn Dec. 22 - Jan. 20
This is a strong time for you, which is why you need to make the most of it. Use the important contacts that come your way to push your own agenda forward.

Aquarius Jan. 21 - Feb. 19
Although you want to work behind the scenes and keep a low profile, you are focused on money and cash flow right now. Some kind of research will pay off.

Pisces
Feb. 20 - March 20
This is a popular time for you. Accept this and enjoy the company of others. In fact, your interactions with others will benefit you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6	2		7	8
4		8		9
9	7	1	5	4
8	6	4	2	
9	4		1	8
6	8	1	5	
7	1	3	9	8
8		6		7
9	3		6	5

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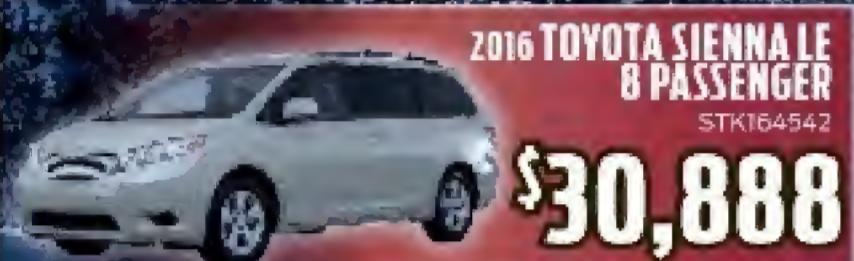
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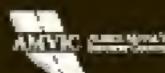
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